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St David's Hospital Newsletter - October 2022

Here's the latest news from St David's Hospital.

If you'd like to contribute an article, please email:
sue.dickson-davies2@wales.nhs.uk for inclusion in the next edition.

Mental Health Matters have been very busy over the past few months at St David's Hospital!

In September, members of The Welsh National Opera held concerts which took place in the foyer and courtyard at St David's Hospital. The patients truthfully engaged with the musicians, participating actively during the sets and it has been said that the songs brought back pleasant memories for them, which they very much look forward to. It was also wonderful to see partners singing with their loved ones.



Rubicon Dance joined the team for a lovely session at St David's. A great way for patients to start the week with some movement to music! It was also

fantastic to work with Jo- one of the Occupational Therapists at St David's with some music, dancing

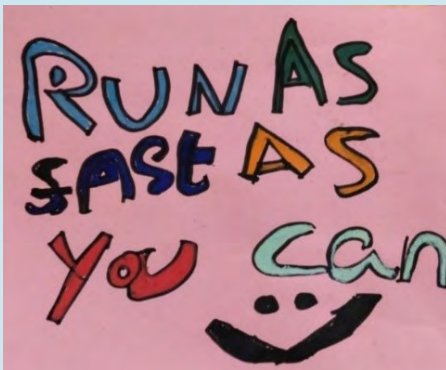




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and percussion! Patients got to request the music and we had some great song choices and conversation!

Also, a busy week of making signs with the patients to cheer on runners of the Cardiff Half Marathon by making signs for spectators on Cowbridge Road East.



Milestone Landmark for The Welsh Gender Service

The Welsh Gender Service has recently reached a milestone landmark in its delivery of care across Wales with the introduction of its first satellite clinic for patients in North Wales.

Based at St David's Hospital in Cardiff, the Welsh Gender Service is a tertiary service that provides holistic, patient-centred care focused on hormonal, psychological and social aspects of transition.

Delivering services for patients across Wales, to date patients have either accessed clinic appointments virtually, or have travelled to the capital for face-to-face appointments.

With a commitment to provide patients with a more equitable provision of face-to-face appointments, the Service has been working with



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colleagues to develop satellite clinics across the nation to ensure these are more accessible for more individuals.

The clinics, which are staffed by Welsh Gender Service clinicians, will take place monthly, with patients being offered appointments based upon where they fall in the waiting list but with a choice of location; be that virtual, Cardiff or now North Wales.

[You can read more about the new satellite clinics here.](#)



Calling all CAVUHB staff!

The Arts for Health and Wellbeing team are now taking submissions for the staff exhibition at the Vending Room at University Hospital Llandough. We welcome submissions from Cardiff and Vale University Health Board staff of all abilities, and will be accepting a wide range of 2D mediums including, but not limited to: painting, drawing, photography and printmaking.

ARTS
FOR HEALTH AND WELLBEING

The successful staff members will have their artwork displayed at the Vending Room at University Hospital Llandough, 26th October 2022 – 24th April 2023.

How to submit your artwork: Please send a high-quality image of your artwork to magda.lackowska@wales.nhs.uk with the title 'Staff Exhibition'.



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You can submit a maximum of 3 artworks. Make sure to include the title, medium, dimensions and price of each piece. The deadline for submissions is 5pm on Wednesday 19th October, and you will hear back from us by Friday 21st October.

[Exhibition-opportunity](#)



Triple Challenge for Cardiff & Vale Health Charity

Digital Communications Officer Jason Vowles has been supporting Cardiff & Vale Health Charity this year by taking part in the NHS 5K Do It Your Way event in July, Cardiff Half Marathon at the beginning of October, and the Welsh Three Peaks Challenge on 15/16th October. Jason said “I wanted to pull out all the stops this year to help raise money for a cause that’s important to me: Children and Adolescent Mental Health Services (CAMHS).”

Jason has already raised nearly £250 for CAMHS, and you can still [support him here](#).

Cardiff & Vale Health Charity

Cardiff & Vale Health Charity continue to work on projects to improve and enhance the facilities available at St David's Hospital. There are so many ways you can easily get involved and support Cardiff & Vale Health Charity



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with our host of annual events, staff lottery and payroll giving schemes, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

This year, the generosity of our Gifts in Wills donors has helped fund state of the art facilities that support patient and staff wellbeing. #FreeWillsMonth could be an opportunity to think about how you'd like to be remembered.

This month we'll be sharing ways Gifts in Wills supports healthcare services, as well as options for in-memory donations.

Health Charity Events

The third Blue Tie Ball will be taking place on Friday 28 October 2022 at Mercure Holland House Hotel and Spa, in aid of the Prop Appeal which supports patients at University Hospital Llandough who are suffering from an acquired brain injury.





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Other simple ways you can support Cardiff & Vale Health Charity are:

- **Sign up for our Staff Lottery** – money raised will benefit both staff and patients and will give you the chance to win £1,000 on each weekly draw, plus 2 Super Draws every year!

[Take a look at our SuperDraw winner who won](#)

This could be you, as we have our SUPERMEGADRAW taking place in November 2022 for your chance to win an incredible £22,000!!! Make sure you sign up by 31st October to be included in the draw, and good luck.



SUPERMEGADRAW ALERT!!!



Sign up for the **£22,000** SuperMegaDraw which is taking place on Friday 25th November 2022.

To be eligible to be in with a chance of winning you must sign up to the Staff Lottery by Monday 31st October 2022.

If you would like to increase your chances of winning, why not increase your numbers?

To find out more visit: <https://healthcharity.wales/staff-lottery/>



- **Register for 'In for a Penny'** – A payroll giving scheme, raising money by literally donating pennies from your salary every month. healthcharity.wales/hospital-staff/in-for-a-penny/
- **Think Inks** – a personal ink cartridge recycling scheme – FREE to recycle and each cartridge could raise up to £5 for Cardiff & Vale Health Charity www.think-inks.uk/nhs

To find out more about any of these schemes, virtual events or challenges, please email the Health Charity Team on fundraising.cav@wales.nhs.uk